


Diabetes Special Issue



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Cree Nation
of Mistissini

No deal: letter was wrong

by Will Nicholls

In our last issue, the Nation published a letter to the editor from Leonard Matthews. In the letter, Matthews claimed that the Grand Council had completed negotiations with the Canadian government. It was also claimed that after approval by the federal cabinet this new agreement would be worth \$4.3 billion to the Cree. The Nation has since learned that these statements are untrue.

Matthews says he obtained his information on the alleged deal from a former chief. Matthews does not work for the Grand Council and has not been involved in any negotiations with the federal government. In fact, negotiations have not been completed. Nor is there a \$4.3 billion price tag attached to any deal or plans for a major announcement by the Fed's anytime soon.

He may have had the best of intentions. But given the import of the claims in his letter, the Nation wishes to apologize to our readers and the Cree Nation as a whole for not verifying Matthew's claims. We had planned to do a follow up story in this issue.

Imagine our surprise when we found out the truth. That's when we realized that we had dropped the ball by allowing major untruths to slip through and make it to print.

The Nation acknowledges the mistake and will do everything in our power to ensure that this

type of incident does not happen again.

We are concerned about the possible repercussions of this letter, for example: 1) it could affect current negotiations with the federal government over self-government and the funding formula, and; 2) it could affect relations with our First Nations allies who might have believed that the Crees were receiving funds that had been earmarked for the Kelowna Agreement.

The Nation can only hope that any possible damage to ongoing negotiations and relationships with other First Nations can be quickly repaired.

The Nation has a policy of putting in almost all letters to the editor and will continue to do so. We feel it is important to allow as many voices as possible to be heard in Eeyou Istchee.

It is a shame when this policy is abused and we usually do a better job of guarding against such abuse. In the future we will require phone numbers with each letter in order to verify information and sources. While we do occasionally allow anonymous letters we will require your name and in some cases will refuse to print them if no name is attached. Letters that are libelous or slanderous will, as always, be refused. The Nation also retains the right to edit, shorten or refuse letters.

We hope in the future we will all act in a responsible manner.

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on the cover

Photos: Will Nicholls

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Sugaring off



I switched on the news the other night and beheld a glimpse of our possible future, one right out of the film *Escape from New York*. Yes, I'm talking about a futuristic Orwellian state, in which someone else can tell you what to eat, for health's sake. The future, apparently, is now.

New York City has imposed a dietary advisory health system that is designed to tell you when your blood sugar levels are unacceptably high. Under the program, labs must forward results of blood tests to a central database, where they are monitored. If your blood sugar levels get too high, the city will then label you a potential victim of diabetes, and advise you to improve your nutrition. Wow, it's like the mayor calling me and telling me to lay off the sugar in my next cup of coffee.

Not that this is the first time NYC has played nursemaid with its citizens. It recently had every restaurant convert to Canola oil, which literally means Canadian oil (and which indeed sounds much better than rape seed oil), so that their citizens can lower their risks of heart attack and other maladies related to bad fat. This ultimately leads to lower health care costs and lower taxes (or more options on which to spend the existing taxes).

Tobacco, which has a bad rep as a cancer-causing substance and leads to an extremely high percentage of death-related illness, is now quickly being edged out by diabetes as the number-one cause of death. Why diabetes, which is triggered by obesity or high amounts of body fat? It all seems to me that the answer to the problem lies with prevention and education.

Who knew that sugar, which tastes so good, is bad for you when taken as part of your regular diet? Sugar, in the past, was a luxury item for us in the North, as nearly all sugar was converted from the sugar cane fields of the Caribbean and had to travel long distances before reaching the nearest teepee or igloo.

Today, sugar is added to just about every food today as a staple ingredient, so there is no escaping the ideo of sugar unless you go completely protein with a mint for desert.

Watching popular television commercials these days, which I find are becoming more and more entertaining and even sometimes worthy of recording, I see that the peanut is now getting it's gnarly little nose rubbed back into the dirt as something that most people cannot eat without an extreme allergic reaction, such as death.

So why can't we see that type of hype for sugar and fat? Because we associate this sickness with someone else, until you get it and keep it quiet for fear of the stigma and judgment of our peers, that's why. If the association of sugar were more a matter of an allergy at the television level, I'm pretty sure that sugar would become something to avoid at all costs.

One of the allergies is probably that sugar causes pimples. Anyways, since pimples aren't life-threatening, they act as a draw for advertising dollars for the miracle zit creams we see on TV.

So how do we do it, stop ourselves from eating bad fat and using so much sugar and slowly killing ourselves through lack of exercise? How?

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Canada

Waswanipi sawmill closed – again

Domtar deal blamed for putting 80 people out of work

The crisis in Quebec's forest industry has hit the Waswanipi sawmill. The mill officially suspended operations for the third time in its history on September 21 due to a sagging lumber market and poor economic outlook for the year, according to Jack Blacksmith, Director General of the Mishtuk Corporation, which operates the mill.

"We knew our mill was starting to get into trouble in terms of the prices being paid for wood products," Blacksmith told *the Nation*. "Our agreement with Domtar states that we decide whatever issue we face together. We haven't had a good relationship with them and they knew that our sawmill was losing money. Towards May and June of this year we started realizing we were losing a lot more than we were getting in terms of revenue."

Mishtuk is a 50-50 partner in the mill, which opened in the mid-1990s, with Domtar. Under this partnership, called Nabakatuk Corporation, the Quebec forestry giant has right of first refusal for Mishtuk's forestry products.

John Kitchen, the newly elected Chief of the community, met with Domtar in early September to get their take on how they should proceed. It was agreed that they would suspend operations for six months, the maximum allowable time under Quebec labour law.

Nabakatuk's 80 employees were forced to seek unemployment benefits. Many, said Blacksmith, didn't seem to mind because it was moose hunting season and they wanted time off anyway.

"We met with our employees of the mill in June, 2006, under the authority of the previous Chief Robert Kitchen," said Blacksmith. "We discussed certain elements like how the mill was going and the problems we were facing and so forth. We discussed the closure, but the employees were not very receptive."

Blacksmith said that the main reason the sawmill had to be shut down was a lack of a real partnership with Domtar.

"I think if we were organized in the right way and if our partner Domtar would view this as a stand-alone business that has serious potential of making money, we would make money."

The problem stemmed from a meeting in September 2005, when Mishtuk advised Domtar that they would be selling their wood chips to Fonds SKF Pate for a higher price than Domtar was paying. Domtar responded by taking Mishtuk to court.

Q u e b e c Superior Court ruled against Mishtuk and ordered them to sell to Domtar, or at least give them a chance to refuse. Their joint agree-

m e n t superceded any side deals that Mishtuk agreed to with any other forestry companies, the court ruled.

The difference between what SFK was willing to pay Mishtuk for their wood chips and what Domtar was paying was \$15 per metric tonne, according to Blacksmith. The court ruling also forced Domtar to pay Mishtuk \$145 per tonne, \$10 more than they were paying already, a figure that was much closer to market price.

Domtar could not be reached for comment.

The court case was frustrating, said Blacksmith, because a couple of months later Domtar closed their main mill in Quévillon, coincidentally the same mill that took Nabakatuk's wood chips. This information must have been known at the time of the September meeting between the two parties.

"Why couldn't they agree with us as a partner?" asked Blacksmith. "Those chips represented maybe 10 per cent of their operations in Quévillon. But instead they took us to court and we both spent a lot of money to go to court," he said. Blacksmith estimated court costs at more than \$60,000.

Even when the sawmill re-opens in late March, it might only stay open for a few months, only to close again for another six months, thus skirting their responsibilities to their employees – and doing it legally.

"They receive their pay every two weeks and attain a certain lifestyle and buy things and when the job closes it's a bad financial situation for them," Blacksmith observed.

If it were more than a six-month closure, the joint initiative between Waswanipi and Domtar would be liable to help in their search for a job. Sadly, that is not the case and the employees are once again left to fend for themselves.

by Steve Bonspiel





The Assembly of First Nations honours all First Nations veterans.

Our veterans have an honourable history of military service. They fought for freedom in the First and Second World Wars, as well as other wars and conflicts. They have served proudly and courageously, in war and in peace, around the globe. We pay tribute to our veterans and honour the memory of those who made the ultimate sacrifice.

We also express our gratitude and offer our prayers to those who continue to proudly serve their country.

Phil Fontaine, National Chief

The Assembly of First Nations is the national organization representing First Nations citizens in Canada.

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Healthy Living

Nourish the body and stimulate the senses with Healthy Living recipes!



Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each month *the Nation* will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.

Basic Pot Roast

Ingredients:

2 lbs	boneless beef chuck arm roast, or similar cut, trimmed beef	908 ml
1 Tbsp	canola oil	15ml
1 ea	medium onion, chopped	110ml
2 ea	garlic gloves, minced	6ml
4 1/2 cups	water, divided	1050ml
2 ea	bay leaves	3.6 ml
1 tsp	ground black pepper	5ml
6 ea	medium potatoes, skins on, quartered	1278ml
1 lb	carrots, sliced 1/4 inch thick	454ml
5 ea	celery stalks, cut into 1 inch pieces	200ml
3 Tbsp	all-purpose flour	45ml

Directions

1. In a Dutch oven or large pot with a lid, heat the oil on medium high, then add the meat and brown both sides so a crispy crust forms, about 5-8 minutes per side. Reduce the heat to medium low and add the onion and garlic; cook until the onion is translucent, about 3 minutes.
2. Transfer the beef to a plate; keep warm. Return the pan to the heat; add 2 cups water and cook, scraping up browned bits from the bottom of the pan. Return the beef to the pot, add the bay leaves and pepper, then cover and cook on low 1 hour, turning after 1/2 hour.
3. Add the potatoes on top of the meat and 2 more cups water. Cover and simmer 10 minutes. Add the carrots and celery, cover, and simmer until a fork can easily pierce a potato, about 15 minutes.
4. Remove the bay leaves and discard. Remove the meat to a cutting board and slice; arrange the slices in a large serving dish. With a slotted spoon remove the potatoes, carrots, and celery and place around meat in serving dish. Keep warm.
5. In a small bowl, combine the flour with 1/2 cup cold water until blended. Stir into remaining liquid in the pot. Cook, stirring constantly until thickened, about 3 minutes. Serve with the meat and vegetables.

Nutritional Analysis per Serving (1 1/2 cups):

Calories: 352	Carbohydrate: 32 g
Fat: 9 g	Dietary Fibre: 5 g
Cholesterol: 93 mg	Sugars: 7 g
Sodium: 110 mg	Protein: 34 g



Northern

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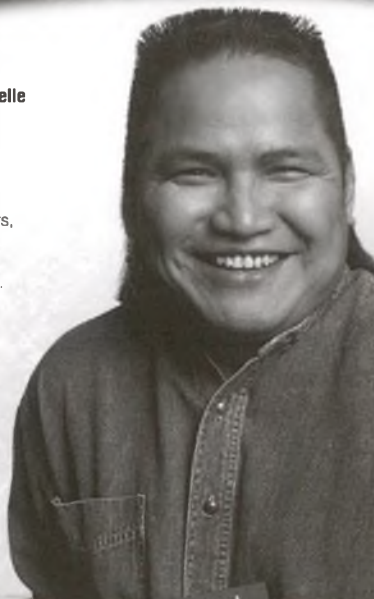
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Cree youth go to Montreal, watch football game, see penguins, eat, try zero gravity, get their van stolen, never get cranky, and love every minute of it



Over 200 Cree youth more used to seeing ptarmigan, caribou and beaver got up close and personal with a few new species recently, including penguins, alligators – and Alouettes. A caravan of three full school buses left Mississauga October 19 for a Canadian Football League match in Montreal in an adventure that included a side trip to the city's Biodome zoo.

At least a half a dozen kids from each of the other eight Cree communities participated as well, the goal being to get as many youth from the Cree Nation as possible. The youth, the Cree Health Board and Cree business raised \$18,000 to

pay for the trip.

The principal goal of the project was to teach educational values such as respect and to rely on one another; many of the youth on the trip come from troubled homes.

"We try to base anything we do on an educational learning experience," said Mississauga Director of Youth Healing Services, Gordon Hudson. "This time they were able to take away the idea how important teamwork and counting on people is. They learned how to respect a little bit more."

Though the Alouettes lost the game 30-20 to the Edmonton Eskimos before more than 45,000 spectators at Olympic Stadium, everyone was invited for dinner in the stadium and the kids were able to mingle with the players. In a

"This time they were able to take away the idea how important teamwork and counting on people is. They learned how to respect a little bit more"

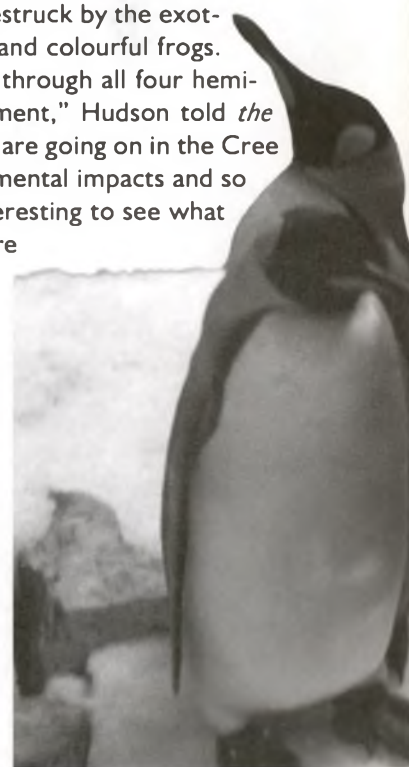
classy move, the Als provided colour pictures for the kids to get the players' autographs. Some kids even got their T-shirts signed.

A fun and unique part of the trip was the visit to the Biodome. The kids were awestruck by the exotic animals like desert lizards and colourful frogs.

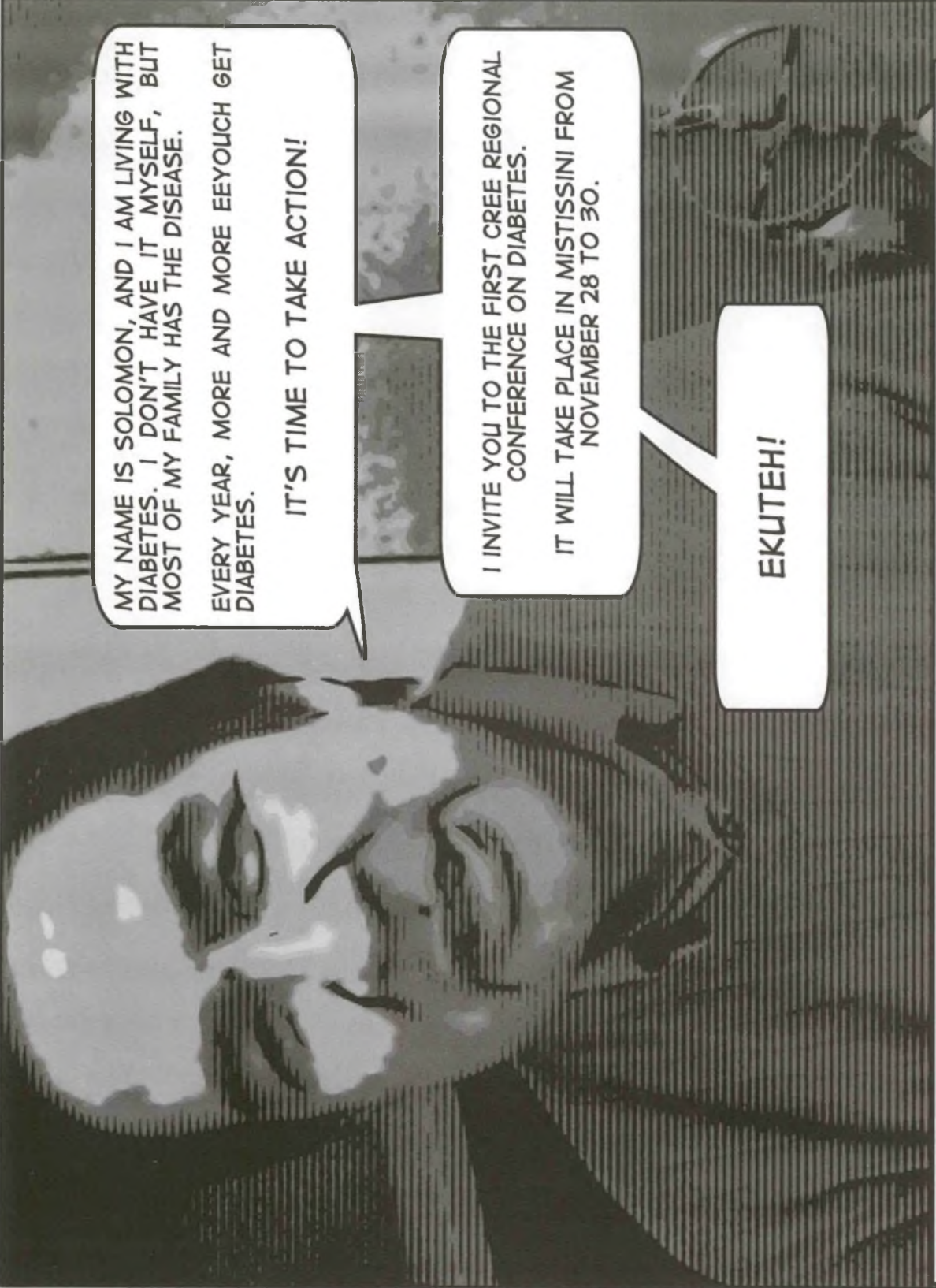
"They were able to walk through all four hemispheres in a closed environment," Hudson told *the Nation*. "With the things that are going on in the Cree Nation, the study of environmental impacts and so on, I thought it would be interesting to see what the other hemispheres were going through, such as the rain forests."

They also took a trip to the Cosmodome where they learned what it is like to feel weightless. A ride on a mock space shuttle brought them into another world.

"It was a great experience," said Mississauga firefighter Jeff Spencer. "Ottawa was nice, but this one was the best as far as interaction with the players. They really



continued on page 21



MY NAME IS SOLOMON, AND I AM LIVING WITH DIABETES. I DON'T HAVE IT MYSELF, BUT MOST OF MY FAMILY HAS THE DISEASE.

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Conservatives urged to honour Kelowna

Former Prime Minister Paul Martin has not given up on the Kelowna Accord. Bolstered by strong support from the Bloc Quebecois and Jack Layton's NDP, Martin is hoping to compel the Conservative government to revisit the \$5.1 billion agreement, signed to provide much-needed aid to Aboriginals for infrastructure, health and housing.

Last week Martin won opposition support for his private member's bill that would return the accord to the all-party Aboriginal Affairs Committee for review before going back to the House of Commons for a final vote.

The Kelowna Accord's terms that were set out at the First Ministers' meeting in Kelowna, B.C., in November 2005.

The Tories quashed the Liberal-backed agreement shortly after taking power, instead giving Aboriginals less than \$300 million to combat long-term problems, including non-potable water infected by E.coli, and a dire shortage of housing and professional health services.

Mistissini woman sentenced for manslaughter

Linda Shecapio will be out of prison in four years or less.

The Mistissini resident was sentenced to eight years in prison October 23 for the killing of a teenager from Chisasibi in 2004. But because time served while awaiting trial is treated as double, the two years Shecapio has already spent behind bars is considered to be worth four years. She will serve the rest of her time in Joliette Institution, according to her lawyer, Michel Solomon.

On October 27, 2004, Shecapio got into an argument with 19-year-old Inuk Charlie Ekomiak in downtown Montreal. The argument escalated and Shecapio stabbed Ekomiak. He collapsed at the corner of de la Montagne and Notre-

Dame streets and later succumbed to his wounds.

The crown prosecutor wanted to try Shecapio on a second-degree murder charge, which would have brought a minimum of 10 years in prison, but Solomon made a successful plea agreement to the lesser charge of manslaughter.

Inuit win rights to offshore islands

The Inuit of Northern Quebec have signed a deal with the Canadian government that will see them take ownership of 80 per cent of all islands off the north coast of Quebec.

The 15 Nunavik communities ratified the deal, called the Northern Quebec Inuit Land Claims Agreement, or NILCA. Support for the agreement was high: 4,651 voters out of the 5,999 eligible to vote approved the deal October 27.

The agreement is designed to give the Inuit more economic autonomy in the north while continuing their traditional pursuits as they look to ways to develop the islands, all of which are uninhabited.

The Quebec government was not involved in the talks because the islands were crown land and under federal jurisdiction.

The only islands that are not part of the agreement include inhabited ones like Sanikiluaq, home to 700 residents. It will remain a part of Nunavut.

The Inuit will also get \$86 million in compensation and management funding from Ottawa.

Raining ducks in Waswanipi

The ducks have landed.

At least 25 black ducks were found in and around the communities of Waskaganish and Waswanipi October 26. And contrary to rumours making the rounds of the community, bird flu had nothing to do with it.

"I was on patrol around the community at 11:30 pm when I happened to see these two community members and they informed me there was a duck on the sidewalk," said Waswanipi police officer Andrew Murdoch. "The duck was sitting on the side and I caught him."

Murdoch said the police then received many other calls about more ducks. "That evening we collected 25 black ducks all over the community," he said.

Officer Murdoch said neither he nor anyone else in the community had ever seen anything like it.

Conservation officers solved the mystery. Because of the freezing rain that night, they explained, the ducks' wings were frozen and they couldn't fly.

"We brought them to the police station and kept them here the whole night," said Officer Murdoch, a new hero to the local duck population.

Three ducks died, however, and Officer Murdoch suspects they perished from the extreme fright at being detained in the Waswanipi jail for the evening.

Again, contrary to rumours, there was no duck feast at the station that night.

Labour and Natives make friends

One of Quebec's largest trade union centrals is teaming up with the Regroupement des centres d'amitié Autochtones du Québec, which represents Native Friendship Centres in the province.

The Confederation des Syndicats Nationaux, or the CSN, made the announcement during the First Nations Socioeconomic Forum in Mashteuiatsh on October 26.

The CSN, which represents 300,000 union members, says it will support joint action at the local and regional levels in order to facilitate the integration of Aboriginals into the labour market.

The CSN also wanted to encourage a melting pot of Aboriginals and unionized workers by supporting a move to have all Native Friendship Centres in the province join regional CSN Central Councils.

by Steve Bonspiel

Chisasibi resident winning the fight against Diabetes

Chisasibi's Sarah Louttit, 52, has had diabetes since 1991. At least, that's when she was diagnosed during a stay at a treatment centre in the Gaspé town of Maria. Until then, she never thought about the disease and admitted that she knew very little.

"I was in denial at first," the grandmother of nine children told *the Nation*. "No, it can't be, it's not happening to me. I didn't know what diabetes was. It's frightening to have any kind of disease when you don't know what it is."

Luckily, the treatment centre was equipped to house diabetics. They gave her insulin and discovered that her sugar level was at an astounding 13.5. Normal levels are less than half that.

Sarah decided the best course of action was to educate herself on the disease. This took her some time while the effects of her denial wore off. But it wasn't the first time the mother of six had been diagnosed with diabetes.

"I was diagnosed with gestational diabetes when I had my second child in 1974," Sarah said. "I was okay with my first child, but I contracted it with the others. But it would always clear up afterwards. My sugar always went back down a couple of weeks after I delivered."

Sarah took a nursing course in college and learned more about the disease, but she admits that she is still frightened a little because she still doesn't understand it.

Two years ago she was in a situation where she had to call the nurse because of rapidly decreasing sugar levels. Luckily it was not more serious than feeling a little nauseous and light-headed.



"No, it can't be, it's not happening to me. I didn't know what diabetes was. It's frightening to have any kind of disease when you don't know what it is"

A few days later it got more serious.

"I had a feeling something would happen," she said. "I had been to the hospital and they told me I had angina attacks. One morning I went to visit my sister for coffee and I told her 'I have this feeling that something is going to happen to me, but I don't know what.' I told her I hadn't been feeling well and I



hadn't been myself. I told her it might be a heart attack," she said.

"My life has always been stressful," she continued. "When you have diabetes for a long time it taxes your organs. For me it was my heart. My kidneys and lungs are okay, it's just my heart."

Sarah went to the hospital in Chisasibi in July 2004 and they admitted her immediately. On the morning of July 27, and with her condition worsening, she was barely conscious when the nurse told her that she would be medi-vac'd to Montreal.

After that everything was a blur. Sarah suffered her first heart attack and was rushed to the Montreal General Hospital. On the plane, she suffered another heart attack and came close to death.

She woke up at the Montreal General a week later and her family was by her bedside. They cautioned her not to talk because she had a tube inserted into her esophagus.

"I remember asking for a pen and I wrote 'where am I?' They told me I was in Montreal and that I had been medi-vac'd there. Then I passed out again. It took me about a month to slowly recover."

Sarah said that her diabetes along with her smoking habit, contributed to the heart attack. Her arteries had major blockages and she would need to have surgery – and fast.

The procedure performed by Montreal doctors is called angioplasty. A catheter was inserted into her arteries and inflating them. Then, a stent (a wire mesh tube) is inserted to

keep the arteries open and increase the blood flow.

Further blockages by having the stent collapse, called restenosis, are rare but do happen, they warned. A follow up bypass surgery in November 2005 unblocked one of the smaller arteries doctors couldn't get to earlier.

Sarah lost partial feeling and mobility in her left side. She still has trouble with her speech today, but her condition is much better than it was. She has stopped smoking and eats well. She also takes five pills a day for her diabetes and to thin her blood to prevent further blockages.

"I know as a diabetic that I'm the one that's responsible to look after myself," said Sarah, who also has three sisters with diabetes. "It's not the job of the doctor or the nurse. I have to watch and check my sugar and take my pills."

"Sometimes I forget to take them when I'm traveling or rushing around, but then I know that I've missed my pills when I don't feel good and my mouth starts to dry."

Slowly, with the help of the occupational therapist in Chisasibi, Sarah learned to walk and regain her independence. She also got some of her strength back. Now, she says, she can do her laundry and dishes and most of the things she used to. She admits, however, that she still has problems with her short-term memory and forgets the smallest things.

"I really have to watch what I eat now and take care of myself. I have to make sure I don't wear tight socks or even the way I cut my toes is a big concern," Sarah said, adding that if she sustains an injury or gets an in-grown toenail it can become a big infection. Sometimes wounds for diabetics don't heal and it will become gangrenous. In the worse cases, amputation is the only recourse.

Her love of her camp on Fort George Island has kept her active, something all diabetics should strive to be. Since the heart attack two years ago, she has only recently started doing things like chopping wood as she continues to recover from the long-term effects.

"I felt really helpless when I came home," said Sarah. "I couldn't even get at my food. Home care came in the morning



"When you have diabetes for a long time it taxes your organs. For me it was my heart"

to help me bathe and make breakfast, then my family would help out in the afternoons and the evenings for supper. My daughter would cut up my food for me. I used to have to use a straw to drink my tea or coffee in the morning or I would spill it. That's how bad I shook."

Her appetite at lunchtime had also diminished and she had to try to force herself to eat. She also said that she gets sick and tired of eating the foods recommended for diabetics by the Canada Food Guide sometimes and she will eat foods that sometimes conflict with her diet.

She also replaces some of the recommended foods with traditional fare such as goose, ptarmigan and caribou.

"Sometimes when you're working out in the bush you don't have access to fruits or vegetables for a long time, you just have to eat what you have," she said. "Sometimes I just get sick of beef and chicken and pork."

Fish seems to be the only thing she can eat regularly that is similar to beef or chicken and won't raise her sugar levels too much. So when she's in the bush, she eats a lot of it.

Her advice to people in Eeyou Istchee is simple. "To me, I feel sorry for the older people who don't really understand what the disease is. You have to educate yourself about your disease so you will know how to look after yourself. My diabetes is not holding me back in the things I want to do."

Diabetes Special

by Amy German

When it comes to the reality of diabetes in the North, Chisasibi physician Darlene Kitty has her thumb on the pulse of the problem.

In fact, at the time of our interview Dr. Kitty could give the exact number of diabetes sufferers in Eeyou Istchee: "Of the nine villages up here we have 1,363 patients who have diabetes," she reports.

That's 15 per cent of the James Bay Cree population over the age of 15, compared to a rate of fewer than five per cent for the rest of Quebec. What is mind-boggling is the fact that as recently as 1983, the Cree had a diabetes rate of only 1.9 per cent.

The numbers are indeed alarming but what has caused them to jump in the last 25 years is the dramatic change in lifestyle, says Dr. Kitty. "In 1983 the communities were still relatively isolated, there was not much non-native food coming in. People still lived mainly on the traditional foods and they went out to the bush much more than they do now so they were much more active."

The influx of foods containing white or refined sugars was like a frontal assault on Cree health. "Our bodies can't cope as well," Dr. Kitty observes. "It's our genetics; our bodies are built for survival," and refined sugars were never part of that plan.

As a result of this change in lifestyle and diet, she says, "we

The collage consists of eight black and white photographs arranged in a grid-like fashion.
 - Top left: A photograph of several traditional Native American teepees in an open field.
 - Top center: A photograph of a man in traditional Native American dress, including a feathered headdress and a beaded necklace, holding two large, ornate snowshoes.
 - Top right: A photograph of a large map of the United States, with the state of North Dakota highlighted.
 - Middle left: A photograph of a group of people sitting at a table. A white t-shirt with a circular logo and the text 'NATIVE AMERICAN AWARENESS WEEK' is prominently displayed on the table.
 - Middle right: A photograph of a person wearing a dark jacket and a hat, pulling a sled across a snowy landscape.
 - Bottom left: A photograph of a group of people standing together, some wearing traditional Native American clothing.
 - Bottom center: A photograph of a group of people standing together, with a sign that reads 'AWARENESS WEEK' visible in the background.
 - Bottom right: A photograph of a group of people standing together, with a sign that reads 'AWARENESS WEEK' visible in the background.

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are more obese, overweight or obese and that leads to higher insulin levels in the body and less sufficient use of the glucose because of that."

Still, swift action has been taken to address the situation and could prevent more disastrous results. "All of us, the physicians and nurses, have become more aware of the problem and we are testing more and more."

Kitty theorizes that the greatly increased testing in the north might be another factor in the sudden spike in reported diabetes cases.

Early testing equals better outcomes

Diabetes can often have complications, particularly in those who are not diagnosed early enough. Catching someone when they are pre-diabetic (or borderline) can make a huge difference.

"We can avoid the associated risks of high cholesterol, high blood pressure, coronary artery disease and the complications associated with diabetes like retinopathy [an eye disease that can cause decreased vision and blindness], nephropathy [leaky kidneys] and other ones like that." When someone is pre-diabetic, they already have a heightened "fasting blood sugar," and are on their way to becoming a diabetic. However, because of the rigorous screening, Kitty and her colleagues are now catching more people in pre-diabetes than diabetes. People are often pre-diabetic for five to 10 years before they actually become diabetic.

Currently, the average age of diagnosis, at 42, is much earlier for the Cree than it is for the general Quebec population (64).

The Canadian Diabetes Association defines a diabetic as a person who has "a fasting plasma glucose level of 7.0 mmol/L or higher." Being pre-diabetic is when someone's blood sugar is being tested at the 6-7 range.

"We have learned that we can manage these people by teaching them healthy diet, monitoring their blood sugar even though they are not officially diabetic yet. We can prolong the onset of diabetes by being more aggressive when they are pre-diabetic."

Cree women are more susceptible to diabetes than men. Among Cree diabetics, 62 per cent are women. Dr. Kitty believes that "obesity plays a role" in this anomaly and that, "as women, we tend to have higher levels of insulin in our bodies. We also tend to keep the weight on after we've had babies."

A less-discussed form of diabetes is gestational diabetes, when a woman develops the disease during pregnancy. Usually the disease will go away when the mother delivers her child but other risks are involved with gestational diabetes. Up to 60 per cent of women who have gestational diabetes will eventually become a type two diabetic.

Gestational diabetes also leads to higher rates of having bigger babies, in turn causing problems with vaginal delivery. "Mothers have higher rates of C-sections and they are more prone to infection," says Dr. Kitty. She also stressed that "if

there is uncontrolled diabetes in pregnancy, even the babies can have heart defects."



"Our bodies can't cope as well" ... "It's our genetics; our bodies are built for survival and refined sugars were never part of that plan"

A positive outlook

Dr. Kitty is able to remain optimistic because of the aggressive response that is now being organized to this massive health threat. "I see a big focus on prevention and education. I feel encouraged by that and I think my colleagues do too."

The lifestyle that is recommended to diabetics is quite simple: exercise and eat sensibly, something that's not always easy in today's fast food nation. At mealtimes Kitty recommends her patients follow what she calls "the plate method."

With the plate method, half of the plate should consist of vegetables, one quarter of the plate should be protein and the last quarter is reserved for starches.

As serving sizes tend to vary, Kitty recommends that the serving of protein should be "about the size of your palm." As for the starch portion or complex carbohydrate, "if you have something with lots of white sugar it will increase your blood sugar quickly. But if you have a starch like in pasta, rice, baked potato, the starch is slowly broken down and don't increase your sugar quickly."

Eating foods that slowly raise the blood sugar as opposed to making it spike like white sugar is what is recommended to diabetics to help control their blood sugar levels.

Eventually, with exercise, medication and proper nutrition as prescribed by a medical expert, most diabetics will stabilize. The most effective medicine in the battle against diabetes, however, is education and the earlier the better.

"It has to start early. There are even some people under the age of 15 who are already type 2 diabetic and we see a growing number of overweight and obese children in the clinics and the villages."

She recommends getting kids involved in sports and teaching healthy lifestyle choices formally and by example.

"We have to see what happens with the kids because they are going to be the diabetics in 10 to 20 years," Kitty concludes. "If you are aggressive with the youth now, educating them and also their parents, I hope that the rates will be coming down instead of going up."

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Money working for people

by Amy German

An aboriginal history of diabetes

Though diabetes was virtually unheard of in Northern communities 50 years ago, today the disease is at epidemic proportions. One person who studies this phenomenon is Dr. Stanley Vollant, who heads up the Aboriginal Health program at the University of Ottawa and is an aboriginal health advocate. He says the rate of diabetes is much higher among aboriginal peoples than the rest of the Quebec population.

But the problem isn't limited to Quebec Natives. "Diabetes is very frequent among all North American Indians," says Vollant. "It's not just the Cree, it's the Inuit, the Hopi, the Pima, the Algonquins, the Iroquois, people from the West Coast; so it is quite frequent."

The short history of aboriginal diabetes may have more to do with the average life expectancy at the time and the age of diabetes onset. A century ago, he notes, the average life expectancy of a Native person was about 35 to 40 years – exactly the same age the diabetes onset normally occurs.

As well at that time, Native people were less sedentary, were nomadic and had to work very hard to get food, find shelter and take care of essentials.

"They had a different diet than today; now the people are very sedentary, they don't do too much exercise and they are eating the North American diet," Vollant observes sadly. "They are eating a lot of fast food, a lot of carbohydrates, sugar and lipids, and it is artificial sugars and lipids so it's probably not good for our metabolisms."

With the rates climbing amongst the Cree people a major crisis is looming. There is already a rate of about 15 per cent of diabetes among the population that is 15 and over.

"Half of the aboriginal population is under 18 years old and the average age is about 12 years old. So knowing that the age of appearance of diabetes is around 35, you just figure out that in about 15 years we are going to have a huge epidemic of diabetes."

According to Vollant, up to 70 per cent of the Aboriginal youth are considered to be overweight or obese and this is where the major problem is. It's not just the lack of physical activity of the youth but also the attitudes towards obesity in the northern communities that are problematic. Many parents who have overweight children do not see it as a problem.

"Often they tell me their child is not overweight; he is just a good size and it means we have a lot of money and are well," says Vollant. But these attitudes are dangerous.

Vollant is a strong advocate of traditional aboriginal diets. "But they are eating too much carbohydrates and too much lipids. Maybe the North American diet is not good for our

metabolism."

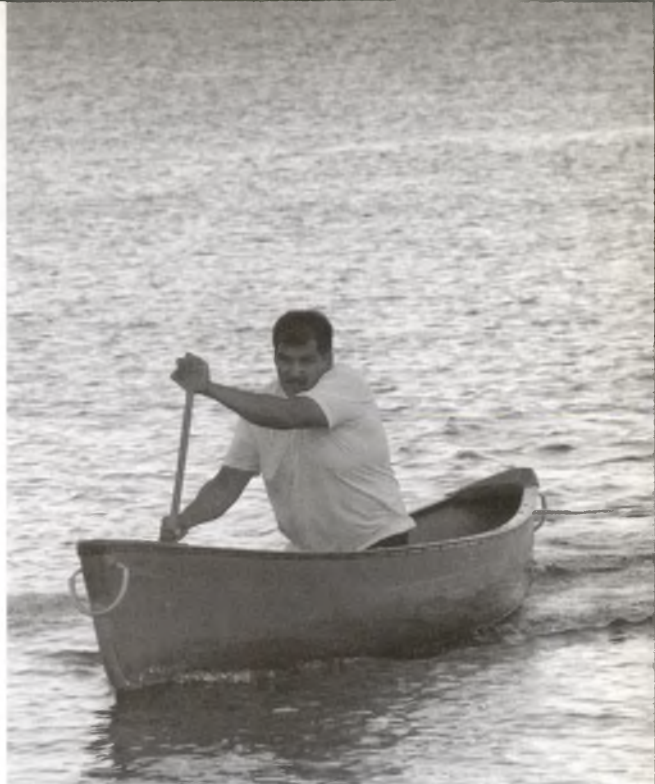
Accessibility to proper nutrition in areas where financial resources can also be strained is another issue. "It is abnormal in our society that a two-litre of Pepsi is less expensive than one litre of milk," says Vollant.

The stress of living below the poverty line also has its implications. "If you have a low social income, you are not happy and there is often a lot of violence. You are going to eat less well and do less exercise and I think that diabetes is a symptom of a larger problem."

"One Elder told me that diabetes was not well known by our ancestors. He told me that diabetes appeared because we removed the sweetness from our lives. That means that they are not well, they are not happy, they have been sent to residential schools, they did not have the chance to live with their moms and dads, they have experienced violence so the people who are unhappy have diseases like diabetes. So if we react and succeed in putting the sweetness in the lives of the people back, the people are going to be better and diabetes is going to go away."



"Our bodies can't cope as well" ... "It's our genetics; our bodies are built for survival and refined sugars were never part of that plan"



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Walking the talk against diabetes

To address the North's ever growing rate of diabetes, the community of Mistissini will host the very first Cree Regional Conference on Diabetes November 28-30.

"It's like that old expression that it takes a village to raise a child," says Solomon Awashish, a Cree Health Board program officer for prevention of chronic diseases. "Well, it takes a whole community to work together to prevent diabetes. It's not just a Cree Health Board problem."

With the rate of diabetes climbing, adds Awashish, "it's not an epidemic anymore, it's a pandemic."

The goal of the conference is for the Cree community to address the disease, look at possible solutions and prevention so that future generations don't find themselves in the same boat.

"We can no longer just throw money at the problem, that is what always happens with Health Canada or the Quebec government," says Awashish. "They always come around and say, 'Here is some money, here is a new program, now work with it.'"

But to develop a plan that will be effective, the communities need to have some input, he argues. With the conference, Awashish hopes to explore ways to "empower an individual to make healthy choices. How are we going to educate them? How we are going to give them the right tools so that they can make healthy choices in their life? How we are going to get an individual to walk for 30 minutes a day?"

Opening up a region-wide dialogue is the first priority, says Awashish. Health officials need to find better methods of working with different communities. "We have to work with the individuals and the community to develop and maintain programs," he emphasizes.

Developing new community strategy is not always easy as there are multiple components to healthy living, however.

"If we are going to support a healthy environment, if we are going to do a walking campaign, and we want people to walk 30 minutes to one hour a day, how can we if there are no walking paths or no place for them to walk? How are we going to develop that?"

"The community needs to come together and decide who is going to do what, what are we going to do, who is going to build the walking path? We have to reorient the recreation departments."

There is already plenty of sporting options in place from hockey to softball for those who are interested, but Awashish is also concerned for those who might not be so interested in group activities. The conference will look at why some people

are not participating in what is presently being offered and find a means to get those people active.

Nutrition is also going to be a big focus, says

Awashish. "I remember my grandmother used to smoke fish on an open fire and now and then she would boil her food. Now the way people cook, everything is fried. There is a lot of fat when food is fried."

Awashish would like to see the Crees emulate New York City by banning the use of trans-fats in restaurants and commercial foods.

Awashish is hoping to bring together as many people from the community as is possible from the Grand Chiefs to deputy chiefs to schoolteachers, even the daycare workers.

"We have to keep in mind that the daycares are feeding the toddlers and we need to work with them to develop healthy menus and healthy foods. It's because we do believe that if you teach kids at a young age how to eat healthy it might translate into them eating healthy throughout their lives."

Those who wish to attend from outside of Mistissini are welcome provided that they pay their own transportation but, "lunch and supper will be served at the venue and it will all be healthy," promises Awashish.

Looking at the past, diabetes is still a relatively new problem for the Cree people, says Awashish.

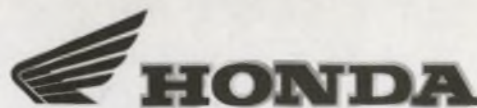
"You have to remember that in the old days we used to be healthy, and even before 1975 we only had about eight people on record that had diabetes." Keeping this in mind, he still believes that a reversal of fortune is possible. "I do believe that the Cree Nation as a whole has the resources available to stop this epidemic. We just need to sit down, have a dialogue and start the process on developing a regional action plan that will prevent diabetes. We have the financial resources. We have the government agreements that can help us. We need to talk to the government to tell them what we would like to do."

For more information on attending the conference, conference co-ordinator Valerie Gunner can be contacted at the Mistissini First Nation local public health department, at 418 923-3461, ext. 245. Register online at <http://creediabetes.com/conference/>.



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A NEW BEGINNING IN MAEUSHTEUIATSH?

The community of Maeushteuiatsh played host last week to an unprecedented gathering of Quebec's Aboriginal nations and the provincial and federal governments, as well as a number of opposition politicians and leaders in education, the labour movement, and industry. A number of key themes were discussed: culture, education, economy, employment, community development, employment, health care, social services, childhood services, and infrastructure.

The conference was organized by the Assembly of First Nations of Quebec and Labrador, with AFNQL Regional Chief Ghislain Picard taking a lead role in getting the event off the ground.

The governments of Quebec and Canada were key sponsors of the event, and as a part of the commitment, Premier Charest and Indian Affairs Minister Prentice were co-Chairs of the Conference. There were a number of key provincial ministers in attendance, about 15 in all, and, a number of federal ministers. There were also the provincial and federal party leaders and critics on Aboriginal affairs present. Representatives of key financial and educational institutions in Quebec were also present, with other organizations such as unions.

Host Chief Gilbert Dominique welcomed all participants to his community, and led many of the discussions. It was evident to all who attended that his community has been successful in many community development ventures. Chief Dominique stated the objectives of the conference as "finding concrete actions to improve the social and economic conditions of Quebec's Aboriginal Nations."

Cree Grand Chief Matthew Mukash's opening remarks touched on how the conference was also about developing harmonious and respectful relations with governments, organizations and other Aboriginal groups in Quebec.

Mukash said that a future Quebec should be one in which Aboriginal nations would have a clear voice and participation in the decision making of activities and development in their traditional territories.

"With a form of governance built upon principles of respect for rights and interests of Aboriginal peoples, self-determination can be achieved," said the Grand Chief. "It is also important for Aboriginal peoples to remember that in the way we exercise our rights, we can help build solutions to our social and economic problems. Working co-operatively with the governments and businesses within the regions, in the areas of economic and development activities

"The conference was also about developing harmonious and respectful relations with governments, organizations and other Aboriginal groups in Quebec"

Cree Grand Chief Matthew Mukash

can build stronger and more sustainable economies of benefit for all."

Ellen Gabriel of the Quebec Native Women's Association spoke about how a large disparity still exists between the wages a native woman receives compared to earnings of non-native women in Canada. Further, she stated, housing is still a huge problem in most Aboriginal communities. It is hard to imagine a solution to social or economic problems when a basic need such as housing remains unmet.

Meanwhile, Bloc Quebecois Leader Gilles Duceppe slammed Canada's controversial position on the draft United Nations Declaration on the Rights of Indigenous Peoples.

A highlight of the event was the dinner and entertainment on the evening of October 26. There were many good performances by local celebrities, and also the Juno award nominee Inuk performer Tanya Tagaq Gillis. The headliner for the evening was Florent Vollant. But the surprise performance was a duet by Premier Jean Charest on the traditional drum and Grand Chief Matthew Mukash on the fiddle. The crowd rose to its feet, as while starting slow, they



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quickly came into sync, and added an unexpected element to the conference. The night ended with a friendship dance which included the Premier, Grand Chief, Chiefs and Ministers joining in on a circle symbolic of the theme of the Conference: Acting Now... For the Future.

Makivik President Pita Aatami found the format of the Conference to be too constricted at times, but did make some comments on how Quebec has worked well with them to help find or work towards solutions to many of their social and economic problems in their territories.

Deputy Grand Chief Ashley Iserhoff was also in attendance at the event, as were many of the Cree Band Council Chiefs. The schedule covered many items so it was difficult to debate different items. However, given the many number of organizations present, there were many opportunities for them to meet on a number of ongoing files or issues.



continued from page 7

"Every trip we do like this just builds his character, builds his confidence level. I can imagine kids that have never gone out, just how amazing it is for them"

got to enjoy themselves."

Spencer's son, Zack, was nabbed by an Alouettes player at one point and brought around to help out with his interviews. The usually introverted youngster was all smiles. His dad said that activities like these help him to grow as a person.

"I thank Gordie every time I see him for the positive changes that have come in my son's life. Zack loved it. They did a live segment on Global TV at 7:30 on the morning of October 20. For him he's very shy and was bullied in school. Every trip we do like this just builds his character, builds his confidence level. I can imagine kids that have never gone out, just how amazing it is for them," said his beaming father.

"a future Quebec should be one in which Aboriginal nations would have a clear voice and participation in the decision making"

What will come of the conference, and the many recommendations and programs announced? We shall see, but what is certain is it is a good beginning to a new relationship between the governments, organizations and Aboriginal Nations of Quebec.

On behalf of the Canadian government, federal Transport Minister Lawrence Cannon said, "It may be the end of the forum, but it is the beginning of a new era." Further, he stated the efforts of Canada would not stop here. They would work continually for improvements for generations to come, and will build upon the progress started in Maeushteuiahtsh.

In his closing comments, the Grand Chief related relationship building with governments to his performance the night before with Premier Charest. He said that when they began to play they were a bit out of sync. However, with some listening and cooperation they managed not only to get in sync with each other, but also managed to get into harmony with the whole band.

But Hudson said that people should thank the Cree Health Board, because without them, these trips would not be possible. "I just wanted to say hats off to them, I really appreciate their support."

Spencer's daughter Kayleigh was also a star. She conducted interviews in English for Global and in French for Radio-Canada. Both stations were impressed by her abilities.

A dose of reality reminded the kids that they weren't in Eeyou Istchee anymore when the reception centre vehicle was stolen out of the parking lot during the visit. "It was last seen heading down the 15," said Spencer. "Apparently some of the youth were looking out and thought, 'I wonder where Clifford's going.' Then Clifford walked out the door and they told him his vehicle was stolen."

Luckily, no one was injured in the theft and the insurance will cover the loss.

The trip also enabled Spencer to meet a youth whom he wished to send a message to. "I met a new young man this weekend and wanted him to know that I have a lot of respect for him. His name is Jordan Miller from Eastmain. As with all our youth, Jordan must know that we care about him and will give him assistance anytime he needs it," he said.

"It was another really successful trip for our youth," Spencer continued. "Sometimes people say these things are costly, but you know what? You can't put a price on happiness for our kids. They are able to see that dreams come true."



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An Honour Song to the Waskaganish Sibi Rupert's River

A Cree Grand Chief comments;
"There is already an agreement in place.
Hearings will be done to determine if the
Diversion will happen."
But who is listening?
To foretell the destiny of a magnificent
Masterpiece painted by God's hands.

In the beginning God saw the place,
A holy sacred ground
Where the river would
Flow
Forever free,
A sanctuary for all
That lived in its waters.

Etched in time are the
Huge rocks that sit
Undisturbed in its waters,
The never-ending dark crevices,
Like long corridors where
The ever-changing waters flow.

Along its shore nestle rocks
That time has forgotten,
Evergreen spruce trees
Standing tall paying homage to the
One that gives them nourishment.
The changing colours of the seasons
Forever giving a backdrop to the river

We have forgotten who we are
Where we come from the waters,

And our connection to oneness, to
Source
To God.

We have become a
Nation of
Egoism,
Materialism,
Power,
Control,
Fancy expensive restaurants,
Fancy expensive hotel suites
Elaborate Banquets to honour
Past Grand Chiefs.

Have we ever heard of
Noble men like
Nelson Mandela, Martin Luther King Jr.,
Mahatma Ghandi
Humble women like Rosa Parks, Mother
Theresa and
What they stood for.

The struggling traditional,
People who are still trying,
To survive from the land,
From the river.
No, they have been in an
Fancy expensive restaurant
Or slept in a fancy expensive,
Hotel suite.
Just being content out on the land,
On the river.

For these are the people
Who live who they truly are.

The river's spirit will leave,
Forever searching for
Its wholeness
For when we let go of
Our river,
We as people, the keepers and
Protectors
Of the river
Will surely lose a little part of
Ourselves
Our connection to oneness to source
To God.

But in all of us,
There is a light,
A light of love
That connects us to
Oneness, to source
To God
To the River.

By Nellie M. Bearskin House
April 27, 2006

Dedicated to the people of Waskaganish,
the Elders, the men, the women, and the
youth and the young ones, especially the
old ones who paddled the river since time
immemorial.



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March 2	14-08	February 16

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UNDER THE NORTHERN SKY

Take only what you need

by Xavier Kataquapit

I try to spend as much time in the woods as I can. The feeling of being surrounded by the familiar sights and sounds of the forest brings back my childhood on the James Bay coast. Every memory I have of being in the wilderness with my family, friends or just by myself are quiet recollections.

Most of the time we never ran into all that many animals or birds out on the land. When we did get an opportunity to see something it was special and considered a sign of good luck. To some people this meant a friendly gesture from the animal world. Any wild animal will quickly shy away at your approach for fear of being trapped, killed or chased. To us, whenever you came upon any kind of animal that allowed us to watch it was a gift.

On a recent walk through the woods, I came upon a group of partridge socializing in the forest. It was an odd sight and I was surprised by my luck. Camouflaged in the brown and soft colours of the fall leaves and dead vegetation, a male was quietly puffing up his breast feathers in a mating show to attract two other females. He seemed angry at my appearance and turned towards me while beating his wings.

The sound confused me at first but I quickly understood I was upsetting his chances at making a new friend. I took a step back and had a better look at the display and communication of feathers and beating sounds in this partridge love triangle.

As the birds strutted around the forest floor, a squirrel noisily chirped away from a distance at the commotion of beating feathers and a human observer venturing near his tree. The sun shone down on this scene like a stage light in a theatre.

After a few minutes the squirrel gave up his protest and darted from branch to branch in search of a safer vantage point. Like a group of actors exiting the stage the partridges slipped away behind the curtain of brown foliage. I was alone again on the trail.

When I lived up north in Attawapiskat, I encountered wildlife on a regular basis. My brothers and I were taught how to hunt and gather food at a very young age. At the

same time we also learned how to respect the land and the animals that live there.

The first lesson was to hunt and gather only what we really needed. There is an ancient belief amongst Cree hunters that if you gather more than what you could use or if you killed anything you didn't need then you were committing a serious offense against nature. Any kind of offense meant you brought bad luck to yourself and your future chances for good hunting.

It is confusing for someone with my upbringing to understand sport or recreational hunting. I just can't connect with the concept of going hunting for the fun of it. I have difficulty understanding hunters who kill large animals like moose and take only the choicest meats and cuts for themselves and leave the rest to rot. Recently I have seen several news articles about the remains of moose discarded in the forest.

Hunting to my people in the north is not a sport; it is a way of life. I haven't hunted much in the past few years. It has been years since I have fired a rifle or shotgun to kill another animal. As a matter of fact, I really don't feel a real need to hunt anymore.

I realized a long time ago that one of the greatest things about the hunt was the fact that it gave me the opportunity to visit the land and go back to our traditional lifestyle for just a short while. Whenever I sat by myself on a lonely blind in the spring there was a sense of peace and tranquility. It made me feel alive to wander around the forest, lakes and rivers in the fall during the moose hunt. It was exhilarating to sit under the warm glow of the summer sun during a fishing trip on a river. I came to the conclusion that I don't need to kill something in order to enjoy these things.

Some might say I am losing my traditions or culture but I just see it as a healthy evolution. If I don't need to take another animal's life to feed my family then it is wrong in my mind to do this just for the thrill of the hunt.

There actually is a very old and traditional word that sums up this idea of taking just what you need when you need it and showing respect to the land and its creatures. It is 'Pah-Sh-Tah-Moo-N'. If you commit 'Pah-Sh-Tah-Moo-N' then you will reap what you have sown.

CLASSIFIEDS

BIRTHS - 100



Our Sincere Appreciation On September 5, 2006 at 10:10 pm a lovely little boy was born to Sasha Weistche and Sydney Whiskeychan in Ottawa. They named him 'Emerson Samuel'. He came into this world like any normal delivery and with the blessing of the creator. However in a few days following, he became very sick and was hospitalized at the Children's Hospital of Eastern Ontario in Ottawa where he was admitted into the neo-natal intensive care ward. The doctors and nurses worked very hard to ensure his recovery. An expression of our humble gratitude to the following people: Jimmy (Grandpa) & family, Greta & Dave, Bill & Emily, Bill & Jeannie, Brian & Dee, Mary Jane & Paul, Joseph & Shiela, Kenny & Louise, Phoebe & Bethany, Willie & Louise, Dr. Ballou, Dr. Laberge, the medical staff at CHEO. For it was through your prayers, love and compassion that Emerson became well again. He went home after 7 days. God showered him with his mercy and we are all so glad. We praise him. God bless you all. Chief Robert Weistche & Sherry Weistche

BIRTHDAYS - 101

I would like to wish a Happy 9th birthday to my Baby. Her name is Sarah-Jane Washipabano. She will celebrate her 9th birthday in North Bay, Ont on October 28th, 2006. HAPPY BIRTHDAY Baby Girl and many more to come. Love you from Mom

We would like to say happy birthday to our godson Timothy Matoush J.R. On November 1st/2006, hope you will have fun on your birthday boy, love you very much...From your:Godparents (Wemindji)

I would to wish a happy 3? birthday to my colleague (my co-worker), my neeshdaow and a good friend that listens to me. You know what I mean.Leanne!! her b-day is on October 26,2006. From Me-ur receptionist & secretary @ CLE in Chisasibi.

I would like to wish a girl up in northern quebec (i don't knoe where

exactly but I know she know who she be) happy17 birtday on Nov.09.06! Nikkie-Laurie I met you at the age of 12 and I know you fell in love with me cause you stole ma heart. She was the prettiest girl I had ever seen, I treated her like a princess. I asked her out bout a month before her birth-day she was my world. Now everyday I be missin her. Since the day she left I been lookin for her...Nikkie Remember that day you left and I told you I would always luv you? well I kept my word. I be luvin you and I always will...Nikkie (a.k.a meeyousou!) I miss u please tell me where you are and i'll come N' find you... Your Love: Sydney James (Cuddles)...xxoo P.S still have the locket I bot you?:D (k)

A birthday wish going to our Loving and Caring Daddy (Wasesguin Gunner)on November 16. ALA DADA Fr : your Girls Alishia & Cherish

Happy Birthday to My Husband Wasesguin Gunner on November 16. And Many more to come. Just to let you know that I Love you with all my Heart and Thank you for everything you've done for me. Agoodeh nee, your Wife Carole

I would like to wish a happy birthday to my grand mother Hattie Longchap (Mistissini) on Oct 13,2006 and Amira Longchap (Montreal) on October 13, 2006. Last but not least my mother Anna Longchap (Montreal) on October 25, 2006...Kathleen Rabbitskin (Montreal) on Oct 17, 2006. Well you guys are wonderful people and I hope you had wonderful day on this special day that belongs to you only. May God bless your lives and may you find enrichment in all you do with those close to you. Much love, Jeannette Rojas (Montreal)

Belated birthday wish going to someone very special in my life Ryan Erless on Sept 30th.I hope you had a great time on your special day.Aslo I wanted to thank you for everything you've done for me and staying with me when I was in Montreal, I know it was hard for you too but everything went okay. I love you so much bye with love Rachel

On November 21st, 2006, my son Trevor Leroy Moar will be celebrating his 16th Birthday. I wish you all the happiness in the world and many more birthdays to come. You are very special to me and I love you so much. All my love mom (Wask) My one and only granddaughter

Crystal Heaven Gilpin celebrated her 1st birthday on Oct.9/06 in Ottawa, Ont. She had a ONE-derful birthday celebration. I miss her so and so much shway-maah-shoo. oxoxoxox from granny @ Waskaganish

We would like to wish a happy birthday to our uncles, first Waldos birthday is on November 8, 2006 and Trevors birthday is on November 11, 2006. Happy birthday to you!! with love, Ashley and Saku Salt from Waskaganish.

I would like to wish a happy birthdays to my brothers Waldo Whiskeychan on November 8, 2006 he will be celebrating his 20th birthday. Trevor Whiskeychan on November 11, 2006 he will be celebrating his 11th birthday. Happy birthday to you both and I love you both very much.p.s Waldo don't party too much. j/k from your sister Natalie Salt in Waskaganish

November 1st my intelligent handsome grandson Cameron Gilpin , enjoyed n' had a blast as he celebrated his 7th birthday with his friends. This one is for you Cameron, "Happy Sweetest 7th Birthday to you". "NOOGE SHWAY MAH-SHOE

NOOSCHUM".From huggable n' lovable Granny.

I would like to wish happy 24th birthday to my one and only Loubit loveI hope you had a good oneI love you so much have a great birth day...love always lsm (Whap)

We want to wish a happy belated 7th birthday to theoren on september 9 in whap, we miss you so much & we love you.from: mom & your sisters Happy birthday to my baby sister Paulina Matthews(Small), who's birthday is on November 25 2006. Miss you and will be thinking of you , Hope you have fun. With love Suzanne

To my son Antonio Jake Otter who will be turning 9 on November 8 2006. Hope you have fun on your special day there son. With love Dad

Someone special is turning 9 on November 8 2006 , that special someone is Antonio Jake Otter . Happy Birthday!!! Hope you have fun on blowing those candles out & opening your gifts. We wuv yah!! From your brother Nehemiah Salt and your baby sister Richelle all the way fr.(Wask) Qc.

Notice to the Cree of Eeyou Istchee

In the coming months, I will be interviewing Cree people for my Ph.D. thesis entitled "The Paix des Braves Agreement of 2002: An Analysis of Cree Responses."

The research approach is based on understanding, not criticizing. There is no attempt to evaluate the Agreement or Cree responses to it in terms of good or bad, right or wrong. The main goal is to analyze this important event in Cree society in a way that leads to a better understanding of the connections between how things are talked about, thinking and values, and power and organization in Cree society.

I am seeking Cree participants for this research to complete a questionnaire. Some will also be invited to participate in a focus group or do an interview, either in person or by telephone. Participants will have the option of either having their identity revealed or remaining anonymous. Those who agree to have their identity revealed will also have an option as to whether or not their photo can be used in a possible future publication based on this research.

For more information, go to www3.telebecinternet.com/georgeoblin. To participate in research, please contact me by e-mail at: george.oblin@tlb.sympatico.ca

Meegwetch.

George Oblin, Ph.D. Candidate in Communication Studies, Concordia University



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Registration will be held on Friday, December 1st (from 10am till 10pm)
Please call if you wish to enter a piece of artwork.

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